Saturday, February 27, 2021

Cognitive Health: Stay Sharp By Moving

Company: Moving For Life
Venue: Online via Zoom
Location: New York, NY

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Join us for a lecture about the benefits movement can have on cognitive health for breast cancer recovery. Learn why it's important to keep up with one's cognitive health, the effects that movement has on one's brain, and how it can aid towards breast cancer recovery. It is so important for our brains to continue to be challenged at an older age and when affected by cancer. Movement is a great tool that can be used to do just that and much more. Visit our page movingforlife.org for FREE daily online movement classes that can help you get moving.

Register for lecture here: https://us02web.zoom.us/meeting/register/tZctc-ChqTwqG9ElmV7dX2uSTkjgTKg69iRz

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Moving For Life
221 E. 71st St.
New York, NY, 10021

Schedule
February 27, 2021: 1:00pm

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